

Kathleen and Robert Lawther Center - 16024 Madison Ave. 216-521-1515

Transportation to luncheon site & special events please call 216-521-1288

Nutrition Information for Congregate Meals & Home Delivered Meals please call 216-529-5000

Volunteer Services, Programs and Activities please call 216-529-5005

Social Work / Outreach please call 216-521-1515

For medical appointments please call Senior Transportation Connection (STC) @ 216-265-1489

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A Gentle Reminder to all Participants of Lakewood Division of Aging

We would appreciate it if you would consider the following suggested donations: A ride on the Division of Aging bus to the senior center and home / or Giant Eagle is \$3.00 round trip. Lunch is \$1.00 per day.

Have You filled out your PIF yet?

All Division of Aging participants must complete a Participant Intake Form annually. This information is required by our funders. Please make sure forms are fully completed. Contact the Social Work Office at 216-521-1515 with questions or concerns.

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The Lakewood Division of Aging's services are funded in part by a Title III grant under the Older Americans Act, administered by the Ohio Department of Aging through the Western Reserve Area Agency on Aging, Cuyahoga County through the Health and Human Services levy and Program Donations.

Thank you for your support.

Visit the City of Lakewood website at www.lakewoodoh.gov

It is the policy of the City of Lakewood that there shall be no discrimination on the basis of race, religion, color, age, sex, national origin, sexual orientation or disability.

Kathleen and Robert Lawther Center

16024 Madison Ave

Lakewood, Ohio 44107

Lakewood Senior Services

Lakewood Department of Human Services

Division of Aging

May 2022



Welcome May!

We are looking forward to warmer weather with longer days, more sunshine and walks by the lake.

As you look at the calendar for May, you will see we have opened up to five (5) days per week again and have planned for many great field trips. As we return to our regular scheduling, we hope to see those of you who have not been attending due to covid restrictions as they are now lifted and we will be able to be outside in the fresh air again with Spring and Summer well on its' way!

We have planned a tour or two to see the new facility ... (we will be moving in soon) and will be offering many of our old favorites along with some new programming, so check out our calendar of events and come in, sign up and have a great time.

May is also Mental Health Awareness Month, so please remember to not only do a kind deed for someone in need but also take time for yourself to renew, refresh and energize for a healthy you! Taking care of your mental health is as important as taking care of your physical health. Here are a few ideas to try ...focus on positivity, try a relaxing activity, stay hydrated & eat healthy, practice gratitude and stay connected. Having a good support system is important in staying healthy.

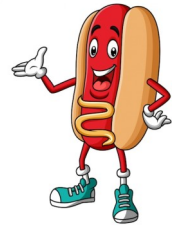
Remember to come in and sign-up for activities and trips soon as we have limited space on the buses for scheduled trips.

Look forward to seeing you soon,

Susan

Our 1st bi-annual Hot Dog Cookout is this month!

Friday May 13th
10 AM to 2 PM



Spring has Sprung and now we can enjoy some fresh air at the beautiful Lakewood Park Women's pavilion.

Swing on the swings overlooking the lake. Take in the majesty of the Solstice Steps. Join us for a Jazzercise session at 10:30. Or maybe just stay back and play some table games or corn hole. After lunch we will round off our day with a few rousing games of Card Bingo.

IMPORTANT NOTE:

The Center will be closed to meals and activities on this day. Home Delivered Meals recipients will receive the meal listed on the menu.

Plan on joining us at the park for lunch and activities. To reserve your lunch and secure your ride, make your reservation at the computer kiosk at the center or by calling the Nutrition Office at 216-529-5000 no later than May 4th @ noon.

Volunteer Opportunities with the Division of Aging

It is going to take many willing hands to do everything that needs to be done at the new location. We look forward to relying on a faithful team of volunteers to help make our programming a success.

Here are some of the positions we are looking to fill:

Kitchen Assistants: 4 to 5 hours—one morning a week helping in the kitchen for both Home-Delivered and congregate meals served at the center.

Activity Group Leaders: Share your own special interest or skill in a group setting. Art, Music, Fitness, Educational and more. Days and hours to be negotiated.

Greeters: Welcome participants to the center. Getting them checked in at the kiosk, answering questions about programming and general center procedures.

Home-Delivered-Meal Drivers: Take hot nutritious lunches to homebound Lakewood seniors.



Our monthly shopping trip...

Savers Thrift Store



Monday, May 16th

Leaving Center at 12:30 PM

Plan on saving some big bucks as we visit a fantastic destination for low- cost clothing, household goods and more. Savers offers an assortment of new and gently used items. All at prices that can't be beat.

The fee for this trip is \$3.00.

Our monthly Ice Cream trip goes to....

Honey Hut

Friday, May 27th

Leaving at
12:30 PM



Now that the weather is warmer, we are returning to a favorite destination. Enjoy a delicious cone, shake, sundae and more in an assortment of flavors. There is no indoor seating at this location. If the weather does not cooperate our back up destination will be the Cheesecake Factory at 148 Crocker Park Blvd.

The fee for this trip is \$3.00.

Space is limited for our trips so please REGISTER EARLY in person at the center's activities office.

If you need more information please contact Barry in the activities office @ 216-529-5005

Staff Notes ...

Sharon's Scribbles - Did you know... May is named after the Greek goddess of growth; People born in May have a greater chance of being successful in life and experience more love; the Empire State building opened on May 1, 1931. The birthstone for May is the Emerald, it is a symbol of fertility and rebirth. May also has two zodiac signs, Taurus and Gemini.

Jill's Jottings - Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by earth between April 19th and May 28th. It's easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn.

Nutrition Notes – Hummus Day is celebrated on May 13. Hummus is a good source of plant based protein and is easy to make.

Hummus Recipe: Ingredients: 1 can garbanzo beans drained & rinsed; 2 to 4 TBSP water; 2 TBSP extra virgin olive oil; 1 TBSP lemon juice; 1 garlic clove, minced; ¾ tsp. ground cumin ; ¼ to ½ tsp. salt. Put all ingredients into a food processor blending until smooth & creamy. Try it on cut veggies, burgers and more.

Barry's Blustering – This year, spring really is a time of new beginnings. You will be seeing some exciting new activities introduced over the next several weeks. In addition to well-loved activities lost during covid, we will be introducing a lot of new programming. Additionally, we have some great trips planned.

Pete's Post— Hi Everyone, embrace the new month. May you have beautiful days ahead. The weather will be getting warmer. Come join us! See You soon!

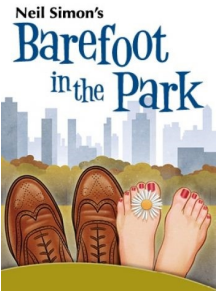
Hahn's Happiness— Mental Health Awareness is May 9-15. This year, the focus is to explore the experience of loneliness, its effect on mental health and how we all can do our part in helping reduce loneliness in our community. A few strategies for dealing with being lonely is to; join a class, volunteer, strengthen existing relationships, practice self-care, seek professional help, or keep busy.

Dan's Doodles – I recently completed training to become an official OSHIIP volunteer. OSHIIP stands for Ohio Senior Health Insurance Information Program. This agency specializes in advising seniors with Medicare related questions. So, though this is a slow time of the year for insurance questions, if you find yourself having any insurance related questions feel free to contact me for assistance.

Sharing with Stacy - Staying on the subject of kindness, May the Fourth and Cinco De Mayo remind me about it, as well. Did you know that there are multiple moral lessons in the story lines of Star Wars Movies, look it up! And Cinco De Mayo is not what most think it to be here in the USA but an unlikely victory that Mexico had at the Battle of Pueblo—teaching us to always have confidence in ourselves and we shall overcome!

In June the Play Reading Group presents....

Barefoot In the Park



Thursdays: June 9th, June 23rd and June 30th, beginning at 12:30 PM.

One of Neil Simon's all time critical and popular successes, Barefoot in the Park is a romantic comedy about two young newlyweds learning to live with and love each other in sometimes trying circumstances.

If you are interested in being a reader please call the Activities Office at 216-529-5005. You can also join along in the fun as an audience member.

Do you have matters of a legal nature that you would like to discuss with an attorney?

Attorney Margaret Karl is offering 30 minute free initial consultations on Tuesday, May 17th from 9:00 AM to 11:00 AM.

You must schedule an appointment for this service, by calling us at 216-521-1515 or stopping in at the front office when you are at the senior center.

Book Discussion Club

"Firestorm"

By Nevada Barr

Tuesday, May 24th,
1:00 PM



Ranger Anna Pigeon finds herself in the midst of the massive "Jackknife" wildfire. Her crew has had it's personality issues in the past, but nothing prepared her for the brutal murder of one of her team members. Trapped in the wilderness by a storm. The team is unsettled by the knowledge that one of them is a murderer.

Call Carrol Hahn at 216-521-1090 for more information.



Veteran’s Recognition Ceremony

10:00 a.m. Wednesday, May 25th

Just in time for the Memorial Day Holiday, join us as we remember and say thank you to veterans of our nation’s armed forces. We will particularly take the time to honor those veterans and spouses of veterans who participate with us here at the Division of Aging. This recognition is generously sponsored by the Hospice of the Western Reserve.

The Lunch Bunch goes to...

Gene’s Place



Monday, May 9th
Leaving at 11 AM

Take some time to enjoy a leisurely lunch with some good friends. Enjoy a full range of sandwiches, burgers, soups and seafood at this very highly rated west-side restaurant. You will be glad you did.

The fee for this trip is \$3.00.

Adaptive Tai Chi Exercises Group

Thursdays at 12:30 PM



TAI CHI EXERCISES

By popular request, we are pleased to report that Tai chi is returning to our programming.

Adaptive Tai Chi is a seated program that focuses on certain Tai Chi exercises as well as breathing exercises, meditation and stress reduction strategies. This program is appropriate for everyone regardless of physical limitations.

Adaptive jazzercise®

Mondays at 12:30 PM and Fridays at 10:15 AM

Join us for a fun, lively and invigorating workout activity. Enjoy a healthy low-impact cardio workout at YOUR pace. These exercises are so much more enjoyable with upbeat popular music to move with. You can choose to either sit or stand or both. We all know that movement is beneficial for both our minds and bodies. Take advantage of this opportunity, your body will thank you.

Exploring Our Beliefs

Please join us for “what sets them apart” with Rev. Quentin Purvis of the Seventh Day Adventist church.



Thursday, May 19th
10:00 AM

Stemming from one of many movements that came out of the Second Great Awakening, a religious revival in the United States during the early to middle 1800’s. They are known for several unique beliefs that date back to old testament times. The Seventh Day Adventists today have more than 20,000,000 adherents.

Introducing New Programming -

Mahjong
Every Wednesday at 1PM



Mahjong is a game that got it’s start in Asia, and was inspired by 19th Century European card games. This game played with tiles, is the perfect combination of luck and skill. Usually played with four people, Mahjong is not hard to pick up and will provide hours of enjoyment. Why not give it a try?



Canasta
Two Mondays a month at 1PM

So many of us have fond memories of pleasant afternoons and evenings spent playing Canasta. This game finds that perfect intersection of skill and luck. All experience levels welcome. Never played before - don’t worry! The group will teach you. (Consult the calendar for details.)


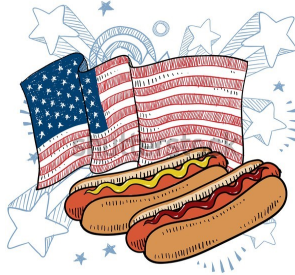

May 2022 WRAAA MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 2 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Green Peas ½ c 1 Whole Grain Rye Applesauce ½ c Oatmeal Cookie, 1 oz ALT = CS | 3 2-2 oz. Cheese Ravioli *w/Sauce 2 oz *Broccoli ½ c *Glazed Baby Carrots ½ c W. G. Dinner Roll, 2 oz Apricots ½ c | 4 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c ALT = CBG | 5 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Sliced Peaches ½ c Grape Juice 4 oz ALT = CBG | 6 *Fish 4 oz/Tartar Sauce 1 PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Vinegar 1 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG |
| 9 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Beans ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CS | 10 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2oz Pineapple Chunks ½ c | 11 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Zucchini ½ c 2 Whole Wheat Bread Orange ALT = CBG | 12 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c *California Blend ½ c 2 Whole Grain White Banana ALT = CBG | 13 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c Peppers and Onions ½ c 1 Whole Grain White Mandarin Oranges ½ c ALT = CBG |
| 16 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Spinach ½ c / 1 PC lemon 1 Whole Grain Wheat Applesauce ½ c ALT = CS | 17 *Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Green Beans ½ c 1 Whole Grain White Apricots ½ c | 18 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CBG | 19 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ALT = CBG | 20 *Swedish Meatballs 3-1 oz w/*Gravy 2 oz *Buttered Noodles ½ c *Green Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Grapes 1 c ALT = CBG |
| 23 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Grape Juice 4 oz ALT = CS | 24 *Chicken Cordon Bleu 6 oz. *W.G. Pasta W. Pesto Sauce ½ c *Green Beans ½ c *Carrot coins ½ c 2 Whole Grain White Pears ½ c ALT = CBG | 25 *Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT = CBG | 26 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c Spinach ½ c / 1 Vinegar PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CBG | 27 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green Beans ½ c WG Corn Muffin 1 oz Apple Juice 4 oz ALT = CBG |
| 30 Memorial Day Site Closed | 31 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mandarin oranges ½ c ALT = CS | Menu Approved By: <i>Ana Stalder MS, RDW, LD</i> | *Take Temperature of Milk and all food proceeded by an asterisk. Choice of 1% Milk or Buttermilk | ALT = CBG |

Western Reserve Area Agency on Aging - 2022
Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.
“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef
ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

May 2022



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|--|--|--|---|--|---|--|---|--|
| 2 | | 3 | | 4 | | 5 | | 6 | |
| 9:30 Movie 9:30 Uno 10:30 Spelling Bee 12:30 Jazzercise* 1:00 Canasta* 1:00 Checkers & Chess | | 9:30 Sticker Art 10:30 Make It Take It 10:30 Humanities / Current Events 12:30 Wii Games 1:00 Hangman | | 9:30 Crafts - Art 10:30 Karaoke 10:30 Table Top Bowling 12:30 BINGO 1:00 Mahjong* 1:00 Connect 4 | | 9:30 Uno 10:30 Yahtzee, Backgammon 12:30 Tai Chi* 12:30 Brain Teasers 1:00 Grocery Shopping  | | 9:30 Trivia 9:30 Sneak Peek to Cove Center 10:15 Jazzercise* 10:30 Wii Bowling 12:30 Mandalas | |
| 9 | | 10 | | 11 | | 12 | | 13 | |
| 9:30 Table Top Bowling 10:00 Yahtzee 11:00 Trip to Gene's Place* 12:30 Boggle 12:30 Jazzercise* 1:00 Connect 4, Board Games | | 9:30 Uno, Chess 9:30 Mandalas 10:30 Make It and Take It 10:30 Sneak Peak to Cove Center 12:30 Spelling Bee 1:00 Wii Games | | 9:00 BP Clinic – St. John's 9:30 Apples to Apples 9:30 Boggle 10:30 Karaoke 12:30 BINGO 1:00 Mahjong* 1:00 Yahtzee **Order box lunch by noon today for Lake Farm Park trip | | 9:30 Brain Teasers 9:30 Science with Dan 10:30 Adaptive Yoga 12:30 Sticker Art 12:30 Tai Chi* 12:30 Wii Games 1:00 Grocery Shopping | |  Hot Dog Cookout 10–2 @ Women's Pavilion Lakewood Park w/Jazzercise, and other fun activities | |
| 16 | | 17 | | 18 | | 19 | | 20 | |
| 9:30 Sticker Art 9:30 Hangman 10:30 Boggle, Chinese Checkers 12:30 Trip to Savers* 12:30 Jazzercise* 12:30 Board Games, Brain Teasers 1:00 Canasta* | | 9:00 -11:00 Attorney Karl* 9:30 Spelling Bee 10:00 Make It Take It 10:30 Boggle, Skip Bo 12:30 Apples to Apples 1:00 Yahtzee | | 9:00 BP Clinic – O'Neill HC 9:30 Radio Shows of Yesteryear 10:30 Art 12:30 BINGO 1:00 Mahjong* 1:00 Uno | | 10:00 Exploring Our Beliefs* 10:30 Adaptive Yoga 11:00 Boggle 12:30 Tai Chi* 12:30 Hangman 1:00 Grocery Shopping | | 9:15 Lake Farm Park Trip (make up day from April) 9:30 Sticker Art 10:15 Jazzercise* 10:30 Yahtzee 12:30 Humanities / Current Events | |
| 23 | | 24 | | 25 | | 26 | | 27 | |
| 9:30 Table Top Bowling 10:00 Wii Games 10:30 Mandalas 12:30 Jazzercise* 12:30 Hangman 1:00 Connect 4 | | 9:30 Hangman 9:30 Yahtzee 10:30 Make It and Take It 10:30 Karaoke 12:30 Boggle, Backgammon 1:00 Book Discussion Club* 1:00 Wii Bowling | | 10:00 Veteran's Recognition Ceremony* 11:00 Wii Games 11:00 Art 12:30 BINGO 1:00 Mahjong* 1:00 Board Games, Skip Bo | | 9:30 Brain Teasers 9:30 Crafts 10:30 Yahtzee, Checkers 10:30 Adaptive Yoga 12:30 Tai Chi* 12:30 Trivia 1:00 Grocery Shopping | | 9:30 Apples to Apples 9:30 Spelling Bee 10:15 Jazzercise* 10:30 Hangman 12:30 Trip to Honey Hut* | |
| 30 | | 31 | | | | | | | |
| <u>Center is CLOSED in honor of Memorial Day</u> <u>NO WRAAA Congregate or Home Delivered Meals served</u> | | 9:30 Table Top Bowling 9:30 Apples to Apples 10:30 Uno 12:30 Wii Games 1:00 Boggle | |  | | To those who courageously gave their lives and those who bravely fight today. THANK YOU!! Happy Memorial Day, May 30th | | Items with * have more info in calendar Items in red are trips. Items in blue are guest speakers. | |